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HEMI-SYNC® SUPPORT OF PREGNANCY AND BIRTH

An Interview with Susanne Kuhn-Siciliano

Susanne Kuhn-Siciliano is a holistic healthcare practitioner in Leimen, Germany. Mrs. Kuhn-Siciliano employed Hemi-Sync extensively during her pregnancy and the birth of their second child. Here, she shares the exercises which assisted her through the joyful, and sometimes difficult, process.

FOCUS: Your son, Raphael Stephano Siciliano, was born on December 26, 1990. When did you begin using Hemi-Sync tapes to support your experience of pregnancy?

Susanne: Before the pregnancy my husband, Kala, and I participated in the *GATEWAY EXPERIENCE®* home course. Through that program we gained a greater sensitivity to nonphysical and subtle energies. In this way we were able to sense when the time was right to invite a little soul to be with us. At times I was able to feel his presence around us, and I was very aware of the moment of conception. I knew I was pregnant although the doctor had doubts.

FOCUS: So, you were in touch with Raphael right from the beginning. What a wonderful connection!

Susanne: Yes. The first two weeks I felt very happy, light, joyful, and had a lot of nonverbal communication with him. I perceived his energy as being clear and powerful-definitely male, but very soft and gentle at the same time.

FOCUS: How did you feel physically?

Susanne: During the second month I began to experience terrible nausea. I couldn't keep any food in my body and I lost a lot of weight. I listened often to the *Surf* and *Cloudscapes* tapes to assist my movement into a deep state of relaxation. In that state I used my "Energy Bar Tool" [a mental tool included in the *GATEWAY EXPERIENCE* home course] to send colored light to my troubled stomach, soothing and healing it. I experienced some very desperate days. The hours with Hemi-Sync were often the only times I felt some peace and confidence. During those deep moments with the tapes I felt my connection with the baby to be very strong. Nonverbally, I always received the same message from him: "Don't worry about me, I'm fine. I want to be with you and I'm going to stay, no matter how stormy the sea will be." I felt a great support and strength from him during that time.

FOCUS: Did the nausea and discomfort eventually subside?

Susanne: After about eight weeks the difficulties were over and I recovered very quickly. I then investigated and began using tapes from the H-PLUS® [Human Plus] program. Regenerate and *Tune-Up* enhanced my physical well-being, and I added *Relax*, *Let Go*, *Immunizing*, and *Circulation*. For the birth I introduced *Short Fix* and *Emergency: Injury*. I felt really wonderful during the last six months of my pregnancy, with no heaviness or slowness. Until the last moment I was very active, running around, working in our vegetable garden, just loving my big belly and never feeling handicapped by it.

FOCUS: As you approached the birth of your baby, what other Hemi-Sync exercises did you use to prepare?

Susanne: I used some of the FOCUS 12 patterning tapes from the GATEWAY EXPERIENCE during the final weeks, visualizing and feeling that we would have a wonderful in-home birth. And so it was!

FOCUS: Tell us about it.

Susanne: After a marvelous Christmas dinner the contractions began and I started “resonant tuning” [a type of sustained vocalizing or chanting] during each wave. It was as if the tones were carrying me through the contractions, opening me up without tension or pain, and giving me energy. I was able to stay in the rhythm and the natural flow of my body. I listened to the Surf tape in the background over open speakers and felt just great until nearly the end.

During the final stage of labor, when I went through transition, I had to let go of everything completely—all tools and techniques—and simply give up. Only after that was it as if my whole being opened up and became ready to let him go. Then, there he was! So fresh, so still, slowly becoming rose colored and opening his eyes, looking at us, very relaxed and very open.

This birth experience was very wonderful for all of us. It was easy and gentle. We could see that Raphael didn’t have to recover from any traumatic events. He was totally relaxed and smiling from the very first day.

FOCUS: You’ve just described what I think most people would consider a perfect birth. How do you feel now, and did you continue to use Hemi-Sync tapes after your delivery?

Susanne: I was up very quickly and used H-PLUS *Regenerate* and *Tune-Up* regularly. My body recovered immediately. Although I was nursing, three months after Raphael’s birth I had all the energy I needed to function normally. I attribute this to the assistance of the Hemi-Sync technology!

FOCUS: Is there anything you would like to recommend to pregnant women?

Susanne: From my personal experience, and that of other pregnant women, I would suggest creating a program of Hemi-Sync support similar to the one I used. In the first three months of pregnancy, it is important that women be assisted in becoming accustomed to the physical changes taking place within their bodies. These changes can occur more smoothly and easily if the woman is able to relax into them, with little or no resistance. Later in the pregnancy, after the initial physical adjustments have been made, the mother can attempt to contact her child nonverbally, using deeper states of relaxation to facilitate the contact. Also, the patterning techniques in the GATEWAY EXPERIENCE exercises can be used to visualize and affirm the best outcome for the pregnancy. The H-PLUS tapes are excellent for overcoming physical problems, staying fit, and releasing emotional tensions.

It is best if, during the birth process, tapes can be played in the delivery room. If the mother chooses those Hemi-Sync tapes that she especially likes, the ones that really helped her to relax during the pregnancy, her body will remember when hearing the sounds and will allow her to let go more easily.

After giving birth, many women have difficulties recovering because of a lack of sleep. I recommend using the *Catnapper* tape. It compresses a 90-minute sleep cycle into 30 minutes, bringing refreshment to the body in a short time.

FOCUS: Thank you, Susanne, for offering your experience and thoughts.

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